**Supplemental table 1: focus group discussion semi-structured questioning route for dietary behavior**

**Introduction**

**Welcome note;** welcome and thanks for agreeing to join us to discuss about dietary practices in our community. My name is Peter Yiga and assisting me is Achieng Julian, we are from Kyambogo University and KU Leuven in Belgium.

**Overview of topic;** The goal of today’s meeting is to help us learn from each other factors influencing how we eat here in Kampala. All information gathered will be analyzed to ascertain influencing factors and design a program to optimize eating behaviors within our communities to ensure better health and wellbeing.

**Ground rules;** Before we start, I would like to remind you that there are no right or wrong answers in this discussion. We are interested in knowing what each of you think, so please feel free to be frank and to share your point of view, regardless of whether you agree or disagree with what you hear. It is very important that we hear all your opinions.

You've probably noticed the audio recorder. We're aaudio recording the session because we don't want to miss any of your comments. People often say very helpful things in these discussions, and we can't write fast enough to get them all down.

My colleague will as well be taking some notes, again for enabling capturing as much comments as possible. Names are not attached to the notes. Focus group will take on average 60 minutes. You probably prefer that your comments not be repeated to people outside of this group. Please treat others in the group as you want to be treated by not telling anyone about what you hear in this discussion today.

Let's start by going around the circle and having each person introduce herself.

**Demographic questionnaire**

**General information\*)**

Name of respondent:

Age:

Marital status:

Occupation:

Education:

Monthly income:

**FGD Question Framework**

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| --- | --- | --- |
| **Factor/construct** | **Possible Questions to check assumptions (FGD)** | **Other Relevant Practical Information related to the factor** |
| Barrier (food knowledge) | Generally which foods make up your daily meal? |  |
| Perceived severity (link food choices to health) | When do you decide on what you will eat for the day (do you make a plan beforehand or?  Are they some reasons you choose these foods? If so, what are these reasons? Depending on responses   * Probe for availability * see if “significant others are mentioned and probe for them.   – see if “healthy” is mentioned.  – probe for ----   * Health consideration - Do you think your food is affecting your health? Now and in the future? * Why and why not? Could you give examples of health effects? |  |
| Barrier (nutrition knowledge) | * According to you, what do you think is a healthy diet? * What makes foods healthy/unhealthy? * I have a list of foods here; can you help me categorize which ones are healthy foods and which ones you need to restrict? (show pictures) | How do you normally get this information - regarding healthy and non-healthy foods?  Probes - from whom do you normally seek/get this information? Are there any other information sources you know of? probe for social media use  Ask about fruits and vegetables separately |
| Perceived barrier/Behavioral beliefs  Self-efficacy | * Are there sometimes when you still eat these foods you think are not healthy despite knowing it? Could you give examples of such situations * Why - what makes you take this decision? – explore influence of peers |
| Barriers (nutrition knowledge)  Behavioral beliefs & cultural norms  Barrier (food knowledge)  Skills (preparation methods)  Cultural norms, barriers & behavioral beliefs  Self-efficacy | * From above you mention that fruits and vegetables are healthy? * Could you elaborate more on benefits of fruits and vegetables * Do you eat fruits and vegetables every day? How often? If not -- why?   – probe for availability, barriers & beliefs– are there particular beliefs associated with some fruits and vegetables in this community that you don’t eat them?   * In what amounts do you think is enough fruits and vegetable a day (like, what should be eaten on a daily basis) * During which times of the day do you usually eat fruits & vegetables * How do you normally eat fruits and vegetables? – probe – are there specific preparation methods you use * Ministry of Health says that Ugandans are not eating enough fruits and vegetables. * What are your thoughts on this finding? Do you think it is true? * If yes, why do you think we are not eating enough fruits/vegetables? * Are they some fruits & vegetables you dislike? Which ones and why? * You mention cost has a major issue what do you do to still eat healthy despite a limited budget |
|  |  |  |
| Barriers (food knowledge)  Perceived barriers and barriers (to eating balanced meal)  Self-efficacy and cultural norms | From above could you summarize for me what a balanced meal is?  I have heard that we should eat at least five different foods a day, are you able to achieve this, if so, could you give examples of a diversified diet.  How easy or difficult is it to eat a balanced meal on a daily basis?   * If yes, why – elaborate on the factors? * Probe for availability within community (are they sometimes when you want to eat a particular food but you’re not able? Why?) * Are there sometimes when you don’t eat your preferred choices because of fear of what people will say |  |
| Social environment | Think about any changes you have made in what you eat over the last few years. Has there been any change?   * What has been the change - probe for food variations – ingredients used, * Has there been a change in preparation methods - Which change? And how do you normally prepare your food? * What triggered these changes? Did anyone influence you in to this change? * How did your family (husband and children) react to this change? – probe for family acceptance * Is this something you normally do, adopting new changes from friends? | * What makes you eager to try something new? E.g. a competition? Recognition from relatives/friends |
| Physical environment | When you look into this community, do you think there has been any change in the foods available on market today? Probe for examples?  Are these foods you like to eat always? Why? |  |
| Ending question (designed to get insights on what participants would like to learn in planned intervention) | Our goal is to improve health of our people in Kampala by improving the way they eat. From our discussion, which things do you think are the most important for us to find ways of improving among our mothers |  |
| Would you like to learn more about nutrition and healthy eating?  What would you need to learn in order to eat healthy?  (Fine for some to say they do not know)  Prompts if needed, to generate discussion include: how to manage time better, how to plan balanced diets, how to cook tasty low fat/salt/sugary foods, how to prepare and increase fruits & vegetable in our meals |  |
| Which organizations within community would you trust more to provide you with this information; probe for examples e. g churches, health centers. |  |
|  | How would you like to receive this information about how to eat healthy – probe for; organized group sessions, one on one session, cooking classes – healthy cooking skills, sharing information through social media. Why this selection?  At which venues would you like these activities to be held? |  |